

What is claimed is:

Claims

1. A snowboard binding comprising:
a base plate,
side plates projecting from the base plate,
intermediate elements attached to at least one of the
5 base plate and the side plates,
a heel support pivotally mounted on the intermediate
elements, and
the intermediate elements being adjustable along a
longitudinal direction of the snowboard binding.
2. A snowboard binding according to claim 1 wherein
the intermediate element is attached by at least one screw
to at least one of the base plate and to the side plates.
3. A snowboard binding according to claim 2 wherein at
least one of the base plate and the side plates have at
least one longitudinal hole through which at least one screw
extends.
4. A snowboard binding according to claim 2 wherein
the lower side of each of the intermediate elements facing
the base plate has a toothed section and the base plate or
the side plates have a corresponding counter toothed
5 section.
5. A snowboard binding according to claim 4 wherein at
least one of the base plate and the side plates have at
least one longitudinal hole through which at least one screw
extends.
6. A snowboard binding according to claim 5 further
comprising at least one support element having a side wall
and attached to the intermediate elements projecting into
the at least one longitudinal hole and being supported by
5 its side wall.

7. A snowboard binding according to claim 6 wherein the at least one screw extends through the at least one support element.

8. A snowboard binding according to claim 5 wherein a lower side of the base plate or the side plates facing away from the intermediate elements has an enlarged recess for receiving a threaded nut for the at least one screw.

9. A snowboard binding according to claim 1 wherein the lower side of each of the intermediate elements facing the base plate has a toothed section and the base plate or the side plates have a corresponding counter toothed
5 section.

10. A snowboard binding according to claim 1 having a front tooth region and further comprising a tensioning element mounted on the intermediate elements and guided around the outer side of the heel support, wherein
5 attachment points for the tensioning element are arranged offset relative to a pivot support for the pivoting of the heel support relative to the longitudinal axis of the snowboard binding and forward in a direction toward the front foot region.

11. A snowboard binding according to claim 1 wherein the base plate and the side plates are formed as one piece.

12. A snowboard binding according to claim 1 further comprising an instep strap and at least one attachment element for attaching the instep strap to the intermediate
5 elements.

13. A snowboard binding comprising:
a base plate,
side plates projecting from the base plate,
intermediate elements attached to at least one of the
5 base plate and the side plates, the lower side of each of

the intermediate elements facing the base plate having a toothed section and the base plate or the side plates having a corresponding counter toothed section,

10 a heel support pivotally mounted on the intermediate elements, and

 the intermediate elements being adjustable along a longitudinal direction of the snowboard binding.